



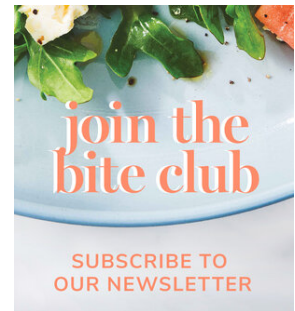
super strawberry smoothie bowl

Strawberry fields are forever, and so is this awesome Strawberry Smoothie Bowl recipe, a filling and fantastic way to start your day.

SERVES: 2



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ingredients

1 cup frozen strawberries
1 cup 2% Greek yogurt
1/2 cup skim, soy or unsweetened almond milk

Toppings

Sliced strawberries
Almonds
Blueberries

print



directions

1. Combine frozen strawberries, yogurt and milk in a blender. Combine until smooth and pour into 2 bowls. Top with strawberries, almonds and blueberries.

“It takes some skill to spoil a breakfast - even the English can’t do it.”

— JOHN KENNETH GALBRAITH

